



WORKING WELLNESS

Good Health is Good Business

MAY 2010



is...

American Stroke
Month

Healthy Vision
Month

Hepatitis
Awareness Month

Lupus Awareness
Month

Lyme Disease
Awareness Month

Melanoma/Skin
Cancer Detection
and Prevention
Month

Mental Health
Month

National Arthritis
Awareness Month

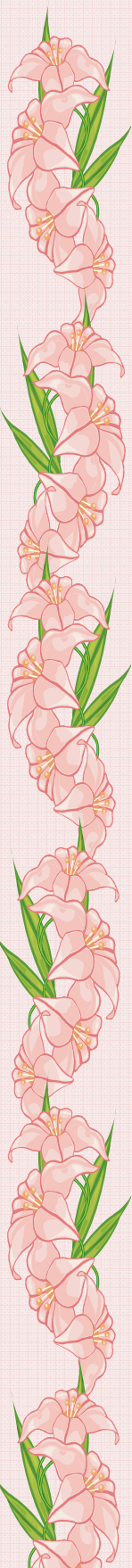
National Arthritis
Awareness Month

National Celiac
Disease Awareness
Month

And more!

For more information
on these observances
or future

observances, go to
U.S. Department of
Health and Human
Services at
www.healthfinder.gov/nho.

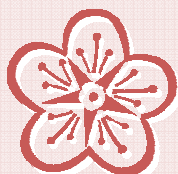
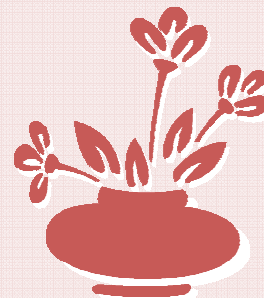


Financial Obligations ?

The revised *Monroe County Group Health Plan Document* approved on March 17, 2010 contains a new section titled "Covered Plan Participant's Financial Obligations". In conjunction with the Schedule of Benefits described in Section 1 of the *Plan Document*, Section 2's "Covered Plan Participant's Financial Obligations" offers up the possible financial impact on a participant when a claim is filed with Wells Fargo TPA.

These sections should be reviewed carefully to assist any participant with the possible cost implications of services that they obtain from providers.

Our office is still working on getting printed copies of the *Monroe County Group Health Plan Document* to all of the County's insured employees. In the meantime, the revised *Plan Document* can be found on our webpage.



Go to (type the following into your internet browser's address bar):

http://monroecofl.virtualltownhall.net/Pages/MonroeCoFL_GroupInsurance/index

Or you can type the following into your internet browser's address bar to go to the Plan Document directly:

http://monroecofl.virtualltownhall.net/Pages/MonroeCoFL_GroupInsurance/PDFs/MONROE%20COUNTY%20GROUP%20HEALTH%20PLAN%20DOCUMENT.pdf

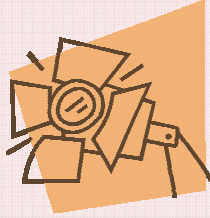
The goal of the Benefits Office remains the overall health and well-being of the County employees. As always, we are here to assist you! Call us sooner than later with any questions or issues you may be having regarding your benefits!

Our staff is available Monday through Friday from 8:00 AM to 5:00 PM.

Maria Z. Fernandez-Gonzalez, Sr. Benefits Administrator	(305) 292-4448
Meggan A. Meggs, Sr. Benefits Coordinator	(305) 292-4450
Tammy Sweeting, Workers' Compensation Specialist	(305) 292-4507
Louise Basham, Insurance Specialist	(305) 292-4579
Alana Thurston, Assistant	(305) 292-4446

Spotlight of the Month

Every month we will turn the spotlight on websites that offer wellness information and we will feature a webinar, either plucked from the archives or upcoming, from Horizon Health, our Employee Assistance Program (EAP) provider.



This month's features are below. Stay tuned and be on the lookout every month for the next spotlight!

Spotlight of the Month: Wellness Website



www.AmericaOnTheMove.org

"Founded by James. O Hill, PhD and John C. Peters, PhD, America On the Move Foundation (AOMF) is a national nonprofit organization located in Denver, CO. Our mission is to improve health and quality of life by promoting healthful eating and active living among individuals, families, communities, and society."

Spotlight of the Month: Horizon Health Webinar

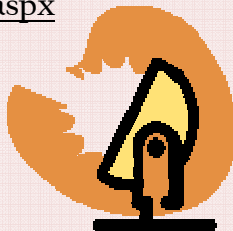
Wellness and the Mind-Body Connection

"The mind and body interact on many levels. Find out how the connection between mind and body can promote – or detract from – your state of good health and well-being. Learn ways to make the connection work in your favor!"

On Wednesday, May 26, 2010
12:00 Noon – 1:00 PM

Go to <https://new.mylifevalues.com/login.aspx>

Username: MCBOCC
Password: MCBOCC



COMP CORNER

Providing you with continuous general information on your Workers' Compensation benefits.

Statute of Limitations

The State of Florida has a brochure specifically designed to assist employees and it can be viewed at

<http://www.myfloridacfo.com/wc/pdf/DFS-F2-DWC-60.pdf>.

This brochure states the following: "Once you are injured at work or become aware of a workers' compensation injury, you have 30 days in which to report your injury to your employer. Generally, you have two years from the date of your injury to file a claim. Failure to report your injury within 30 days may be used as a defense against your claim regardless of the two-year statute of limitations for filing a claim.

Your eligibility for benefits may also be eliminated one year from the date you last received a wage replacement check or an approved medical care/treatment."



Injured workers are also encouraged to visit the Division of Workers' Compensation website at www.fldfs.com/wc where you will find extensive information such as publications, a number of databases, rules, and forms that will give you a better understanding of workers' compensation.